SERVICES

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LUNCH PROGRAM

USDA Summer Food Program in conjunction with Albuquerque Public Schools will distribute free cold lunches to any individual age 1-18 on Kirtland AFB through Aug. 1. Lunches will be available beginning at noon at three locations, Jason Drive Park, Pershing Park, and the Maxwell Family Housing playground area. Lunches will be distributed until 2 p.m. unless depleted earlier. Additional lunches will be made available the following day based on demand. Call 853-5437.

Know Your Heat Stress

BY 1ST LT JAMES WILLIS

Bioenvironmental Engineering Flight

Have you been sticking to your car seat lately? We don't want to hear about it. But we want you to hear about the information you need to keep cool during the summer months.

During the warm season in New Mexico, Bioenvironmental Engineering personnel perform heat stress monitoring from May 1-Oct. 31, in order to provide warnings about high environmental temperature conditions. This information is available on Kirtland AFB's web page so that base personnel can take proper precautions when working outside. The successful prevention of heat related injuries depend largely on everyone being aware of the signs and symptoms of heat stress injuries and heat stress prevention measures.

Go to our Heat Stress Index web site www.kirtland.af.mil

The following is a list of heat injuries that could occur if proper work precautions and prevention measures are not followed:

a.Heat Cramps – Painful cramps of the muscles following exposure to heat, primarily caused from excessive loss of salt from the body.

b.Heat Exhaustion – a result of excessive salt depletion and dehydration; signs and symptoms include profuse sweating, headache, tingling sensations in the extremities, gastrointestinal symptoms of anorexia,

and occasionally nausea and vomiting.

c.Heatstroke – a medical emergency with a high mortality rate; occurs when the body can no longer cool itself by the evaporation of sweat. The patient's skin is usually hot, red and dry. There may be some sweating. The patient's body temperature will be in excess of 106 degrees Fahrenheit. Heat stroke may occur with dramatic suddenness with collapse and loss of consciousness

Heat stress injuries can be avoided by keeping hydrated. For water consumption guidelines, see the Kirtland Heat Stress Index web site for specific quantities. Generally, drinking water before, during, and after physical activities is recommended even if you do not feel thirsty. You should drink enough to have to urinate every two hours.

Alcoholic beverages decrease the body's ability to deal with heat stress. Drugs that inhibit sweating such as anti-histamines, some tranquilizers and cold medicines should be avoided.

Personnel should wear loose fitting clothing to prevent restriction of circulation or impede movement of air over the skin.

For more information about our heat stress-monitoring program or heat stress injuries, contact the Bioenvironmental Engineering Flight at 846-4259.



MOVIES To confirm schedule call 846-7469

TONIGHT

7 p.m.

Ella Enchanted

Anne Hathaway, Hugh Dancy

Ella of Frell was born with the "gift" of absolute obedience given by a magical fairy godmother. But when her inability to disobey orders threatens to keep her away from her true love. Prince Charmont, she sets out on a journey to rid herself of the curse.

Rated PG (crude humor, language) 95 min.

9:30 p.m.

Kill Bill Vol. 2

Uma Thurman, David Carradine

There were five on her list. Now it's three. O-Ren Ishii and Vernita Green were the first to fall, now the bride is out to finish the job by killing the rest. If the final three aren't afraid now, they better start, because she's coming for them. However, something has thrown off her plans a bit. Rated R (strong bloody violence, language, sexual content) 137 min.

TOMORROW

7 p.m.

Man on Fire

Denzel Washington, Dakota Fanning

A former government operative. Creasy, takes a job in Mexico City as the bodyquard of the 10-year-old daughter of a wealthy family who are threatened by a wave of kidnappings. He becomes close to the child and when she is abducted, he sets out to hunt the bad guys and stops at nothing to save her.

Rated R (language, strong violence) 147 min.

SUNDAY

7 p.m.

13 Going on 30

Jennifer Garner, Mark Ruffalo

Jenna makes a wish, if only she could be all grown up,

she'd have the life she's always wanted. Miraculously. her wish comes true. The next day, she's 30 years old and not 13 year old anymore. What's more, she is a gorgeous successful woman with a great job and a fabulous apartment. Jenna soon learns that having it all is not enough.

Rated PG-13 (sexual content, drug references) 97 min.

IUNE 21-24

No Show

TUNE 25

7 p.m.

Laws of Attraction

Pierce Brosnan, Julianne Moore

Two New York divorce attorneys, Audrey and Daniel, often oppose each other in court, but end up irresistibly drawn to each other. When they get married, can they avoid the same relationship problems at home that provide them fodder for their court cases at work? Rated PG-13 (sexual content, language) 87 min.

9:30 p.m. Man on Fire

SERVICES Did you know?

Who to call to reserve a park

Bicentennial Park......846-1499

Millennium Park...... 846-1499

Green Grass Park.......846-2042

Hardin Parade Field 846-4119

Command TV channel 95

7 a.m. Reveille (Monday-Friday)

8 a.m. Air Force News/Top 3

9 a.m. Army News

10 a.m. SecDef Town Hall Meeting

11 a.m. Navy News

12 a.m. Wildland Fire Safety/ Parenting Tool Kit

1 p.m. Terrorism Threat Conditions/ Top 3

2 p.m. OPSEC & Mil. Ops/ Red Flag IMAX

3 p.m. Air Force News/Top 3

4 p.m. Retreat (Monday-Friday)

5 p.m. Army News

6 p.m. SecDef Town Hall Meeting

7 p.m. Navy News

8 p.m. Wildland Fire Safety Parenting Tool Kit

9 p.m. OPSEC & Mil. Ops/ Red Flag IMAX

10 p.m. Terrorism Threat Conditions/ Top 3

1 a.m. Air Force News/Top 3

2 a.m. Veterans Views and News

3 a.m. SecDef Town Hall Meeting

4 a.m. Terrorism Threat Conditions/ Top 3